


# Alexandra Thompson

SENIOR ASSOCIATE | LONDON

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## Alex is a senior associate in the employment team.

Alexandra advises both organisations and individuals on all aspects of the employment relationship, from negotiating complex contracts to exit strategies and beyond, including employment litigation in the Employment Tribunal and High Court.

Alex advises clients across a broad range of industries, including charities, fashion and brands, tech and financial services. She works closely with in-house HR and legal teams to successfully resolve HR issues (including disciplinary, grievance, capability and redundancy procedures), develop robust contractual documentation and policies, advise on exit negotiations, and navigate contentious matters (whether through litigation, or negotiated means). Alex has particular expertise assisting in international employment matters, with extensive cross-border knowledge. She also works closely with the Withers Tech team in connection with high-value commercial transactions, including investment rounds and founder-disputes.

Clients comment on Alex's pragmatic and empathetic approach when handling delicate commercial and reputational issues. This is reflected in her ranking in Chambers UK 2024 and her ranking as a recommended lawyer in Legal 500 UK 2025, in which, a client quoted Alex to be 'a brilliant partner to us, and at points an extension of our team.'

Alex is also a trained Mental Health First Aider (MHFA).

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# Track record

## Bank severance package

Assisted with the financial and non-financial negotiations regarding the severance package for the CEO of a global bank.

## Unfair dismissal and whistleblowing claim

Acted for the claimant in a multi-million pound unfair dismissal and whistleblowing claim brought against an international financial institution.

## Healthcare charity

Providing strategic and reactive employment law advice to one of the UK's leading healthcare charities.

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## Admissions

England and Wales, 2014

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## Education

University of Bristol, B.Sc. Psychology

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## Languages

English

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## Memberships

Employment Lawyers Association

Industrial Law Society

Women's Networking Group Committee

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## Key dates

Year joined: 2012

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